

**Celebrating
October**

**ELDER EXPO
October 3**

OPEN HOUSE

**Saturday
October 6
10:00-5:00**

**Brunswick
Railroad Days
*October 6 & 7***

**Movie Night
*October 9***

**Nurse Steve &
Walk the Park
*October 10***

**Eagles Club
Spaghetti Dinner
*October 11***

**Octoberfest
Lunch & AARP
Driving Class
*October 16***

**Lunch Out
*October 17***

**Jumbo'
Pumpkin Patch
Trip
*October 19***

**Halloween
Lunch &
BINGO
*October 31***

October 2018

Good Times Senior



Brunswick Senior Center Monthly Newsletter

Jack of the Lantern

Every October, once pumpkins have grown fat and orange, these gorgeous gourds are picked and used in a wide variety of ritual activities from baking pumpkin pie to carving jack-o'-lanterns for Halloween. But there's no need to wait until October 26, Pumpkin Day, to make the most of your favorite pumpkin traditions.



Pumpkins have been grown in North America for 5,000 years. While these gourds are native to Central America and Mexico, the tradition of carving pumpkins began across the Atlantic Ocean in Ireland. The practice of carving "jack-o'-lanterns" began with an Irish folktale about a man named "Stingy Jack."


The legend says that Stingy Jack invited the Devil to have a drink, but then the tightfisted fellow did not want to pay. Jack tricked the Devil into transforming himself into a coin he could use to buy the drinks, but Jack put the coin into his pocket next to a silver cross. The Devil, so near a cross, could not change back into his devilish self. Jack made the Devil promise not to claim his soul should he die. The Devil had no choice but to agree. However, when Jack did die, God would not allow someone who caroused with the Devil into heaven. In the end, Jack was sent into the dark of night with nothing but a lamp fashioned from a carved-out turnip, lit with a lump of glowing coal. For this reason, the Irish have long carved images of "Jack of the Lantern" from turnips and, later, potatoes or beets. The scary, glowing faces were used to frighten away Stingy Jack and any other evil spirits.

When Irish immigrants came to North America, they discovered a new medium for their jack-o'-lanterns: pumpkins. With their hollow centers and wide, thick, orange shells, these gourds were a perfect vessel. Today, pumpkins are grown on every continent except Antarctica, and people around the world use them to carve jack-o'-lanterns.

Monday	Tuesday	Wednesday	Thursday	Friday
1 CENTER CLOSED	2 Roast Turkey w/Gravy Mashed Potatoes Mandarin Oranges Mixed Vegetables WG Bread	3 Hearty Beef Veg Stew WG White/Wheat Roll Chilled Pears Cookie	4 Cream of Tomato Soup Grilled Chicken Breast Lettuce & Tomato WG Sandwich Bun Pepper Slaw Sliced Apple Snack	5 Baked Pork Chop & Sauce Scalloped Potatoes Braised Cabbage WG White/Wheat Bread Fruit Cocktail
8 CENTER CLOSED	9 Salisbury Steakwich W/G White Wheat Bread Seasoned Greens Moroccan Chickpea & Barley Salad Apple Crisp	10 Tomato Soup Chicken & WG Pasta Salad On Baby Spinach WG Corn Muffin Mandarin Oranges Butterscotch Pudding	11 Hot Ham & Swiss Sand WG Rye Bread Greek Style Salad Feta Cheese Garnish Steamed Carrots w/Dill Diced Peaches	12 Pot Roast of Beef w/Tomato Gravy Stew Cut Vegetables Red Skin Potatoes WG White/Wheat Bread Mandarin Oranges
15 CENTER CLOSED	16 Bratwurst w/Peppers & Onions WG Club Roll Braised Red Cabbage Mashed Potatoes Waldorf Salad Cake	17 Cheddar Cheeseburger w/Hamburger Roll Lettuce & Tomato Cole Slaw Apricot halves	18 Turkey, Vegetable & Potato Stew Spinach & Tomatoes Ranch Dressing WG Corn Muffin Cinnamon Apples	19 Teriyaki Chicken Breast Veg Fried Brown Rice Diced Pineapple WG White/Wheat Bread
22 CENTER CLOSED	23 Chicken & Beef Penne WG Pasta Jambalaya Steamed Baby Carrots Peach Crisp WG White/Wheat Bread Tapioca Pudding	24 Maple Glazed Baked Ham Seasoned Green Beans WG Mac & Cheese Broccoli Slaw WG White/Wheat Bread	25 Spaghetti & Meatballs Romano Blend Veggies Mandarin Oranges Moroccan Chickpea Salad WG White/Wheat Bread	26 Venetian Chix Breast w/Tarragon Shallot Sauce Seasoned Red Potatoes Wax & Green Bean Medley WG White/Wheat Bread Cinnamon Applesauce
29 CENTER CLOSED	30 Beef Stroganoff WG Buttered Noodles Mixed Vegetables Tropical Fruit WG White/Wheat Bread Cookie	31 Baked Potato Spinach Salad Tomatoes & Croutons Ranch Dressing Chili con Carne with Shredded Cheese Applesauce	 <p>OCTOBER 2018</p> <p>Please call the senior center coordinator or meal manager 48 hours in advance to reserve meal.</p>	

--menus subject to change--

-- Milk and Juice are served with every meal--

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CENTER CLOSED 1 9:00 Strength Tr. 2 10:00 Wii 1:00 Grocery shop 5:00 Card Party	CENTER CLOSED 8 9:00 Strength Tr. 9 10:00 Wii 11:00 Craft 1:00 Grocery shop 5:00 Pizza/Card Party/Movie Night <small>Shirah Torah</small>	ELDER EXPO 3 Center will be closed, transportation available 10:30 "Let's walk to the park" 11:00 Nurse Steve – Humor "Take 2 jokes & call me in the morning" 12:45 Bingo	9:00 Strength Tr. 4 10:00 Wii 1:00 Local Shopping	10:00 FREE Video Exercise 11:00 Chair Yoga 1:00 Groceries for Seniors/Frederick Senior Center	Brunswick Railroad Days Senior Center OPEN HOUSE 6 10:00 – 5:00
Brunswick Railroad Days 10:00 – 5:00	CENTER CLOSED 15 9:00 Strength Tr. 16 10:00 Wii 12:00 Octoberfest Luncheon 1:00 Grocery shop 4:30 AARP Class 5:00 Card Party <small>Columbus Day (US) Thanksgiving Day (Canada)</small>	CENTER CLOSED 22 9:00 Strength Tr. 23 10:00 Wii 1:00 Grocery shop 5:00 Card Party	10:00 Coffee & Donuts 11:30 Lunch Out with friends 24 10:30 – Trivia 11:00 Paint project 12:45 – Halloween Treat BINGO (Bring in treats for prizes)	9:00 Strength Tr. 18 10:00 Wii 11:30 Playing with food-Apple Butter w/Lunch 1:00 Local Shopping	10:00 FREE Video Exercise 11:00 Chair Yoga 12:00 Pancakes w/Lunch 1:00 Jumbo's Pumpkin Patch	Community Picnic at Brunswick House 13 12:00-2:00
Department of Aging trips for October: 12 th - Countryside Artisans 26 - Flight 93 National Mem. For reservations or more details about trips please see trip flyer or call for more details 301-600-1605	CENTER CLOSED 29 9:00 Strength Tr. 30 10:00 Wii 1:00 Grocery shop 5:00 Card Party	CENTER CLOSED 29 9:00 Strength Tr. 30 10:00 Wii 1:00 Grocery shop 5:00 Card Party	11:00 Wheel of Fortune 12:00 Special Lunch 12:45-Blotter BINGO & treats <small>Halloween</small>	9:00 Strength Tr. 18 10:00 Wii 1:00 Local Shopping	10:00 FREE Video Exercise 11:00 Chair Yoga 1:00 Ice Cream Shop	Hours Monday CLOSED Tuesday 9 – 7 Wednesday 9 – 3 Thursday 9 – 3 Friday 9 – 3
Birthdays 1-Darlene W 8-Abby F 9-Gary B 15-Ajit T 27-Joyce P 30-Marian B	<div>October 2018</div> <div>Brunswick Senior Center</div>					

Skating Through History

The first wheels, invented around 3500 B.C., were not used for transportation but as potters' wheels for molding clay. It took 300 years before wheels were used to move chariots. And it took almost another 5,000 years for someone to invent the first roller skate. Consider the colorful history of this wonderful mode of transportation during October, Roller Skating Month.



The first recorded instance of someone affixing wheels to shoes came in 1760 when John Joseph Merlin embedded metal wheels into his shoes. Merlin planned to debut his invention at a London masquerade party. He wanted to shock the party-goers by gliding into the salon while playing the violin. Unfortunately, Merlin hadn't yet perfected his skating technique and his wheels were not engineered to turn, so instead of gliding gracefully, he sped into a mirror and crashed, suffering injuries to both his body and his pride.

Over the next few decades, various designs of roller skates showed up everywhere from Germany to France and Sweden and London, but they all suffered the same design flaw: the fixed wheels made it almost impossible to turn. Finally, in New York City in 1863, James Leonard Plimpton invented his "quad skates" or "rocker skates." His skates consisted of four wheels attached to springy rubber cushions that allowed wearers to easily turn by shifting their weight from side to side. Plimpton capitalized on his invention by establishing the first roller rink at his New York City furniture business. He also organized the first roller skating club, the New York Roller Skating Association, to both promote his new sport and sell his skates.

By the 1880s, roller skates were a booming industry. Rinks opened across America and all around the world. By the 1950s, food was being delivered to cars by roller-skating "carhops" at drive-ins. And by the 1970s, the roller revolution reached its height. It was no surprise when, in 1983, President Ronald Reagan declared October Roller Skating Month.

Bottled Art -Artisans have been creating miniature models of fully rigged ships inside bottles for centuries. Perhaps you, too, could master this secret art on October 4, Ship in a Bottle Day. The first mention of putting objects, including ships, in bottles dates back to 1719, when the art was popularized by a German named Matthias Buchinger. What made the feat even more spectacular was that Buchinger was born without hands or legs and grew to only 29 inches tall. Despite these handicaps, he earned renown throughout Europe as an artist, magician, musician, marksman, calligrapher, and performer. From 1719, it became a common German folk art form to place objects in bottles, mainly depictions of saints. The oldest surviving ship in a bottle dates back to 1784. The three-masted Portuguese warship resides in a closed egg-shaped bottle. Ships in bottles were not only made by sailors to pass time on a long journey or to give as gifts, but historians think that many ships in bottles were created by lighthouse keepers, who had both the time and access to materials for creating these maritime models.



What's a Frappe?-October 7 is Frappe Day, and for many people this begs the question, "What is a frappe?" Denizens of America's northeast corner, known as New Englanders, know that a *frappe* is a milkshake blended with ice cream. But wait a minute—Isn't a milkshake a blended drink made of milk, ice cream, and syrup? Not in New England. Up there, milkshakes don't include ice cream but only contain milk and syrup. To further confuse matters, travel to Rhode Island, where you'll likely find *cabinet* on the menu. A cabinet is a frappe uniquely made with coffee ice cream, coffee syrup, and milk. Why is this regional drink called a cabinet? One story suggests that soda jerks once kept coffee syrup in wooden cabinets behind the counter. Menus might also list *tonic floats*. In New England, tonic refers to most any carbonated beverage. Consider a tonic float similar to a root beer float, except you can substitute any flavor of tonic for the root beer and top it off with a scoop of ice cream.





The Wonders of Yosemite

The natural wonders of Yosemite Valley, located within California's Sierra Nevada mountain range, are easy to observe: the famous Half

Dome, the granite cliffs of El Capitan, the giant sequoia trees, the delicate waterfalls. While the valley's scenic natural beauty brings peace to its visitors, its journey to becoming a national park in October of 1890 was anything but peaceful.

The Yosemite Valley had been inhabited for 3,000 years by Native American tribes, most recently the Ahwahnechee, a band that did not hesitate to fight off other tribes and invaders to their territory. A neighboring tribe, the Miwok, called the Ahwahnechee *Yos s e'meti*, a word meaning "those who kill." It is from this word that Yosemite valley got its name. This word, it seems, could also refer to the white European settlers in the region. Once gold was struck in California in the mid-19th century, white Europeans overran the valley. A California State militia, led by Army Major Jim Savage, was eventually tasked with clearing Yosemite of the Ahwahnechee. As news of California's gold spread, more settlers arrived, and in 1864, President Abraham Lincoln moved to preserve seven square miles of the valley and the Mariposa Grove of sequoia trees as a public trust of California, marking the first time the U.S. government set aside land for public enjoyment.

It wasn't until 1889 that naturalist John Muir ventured into Yosemite. He was awed by its beauty and also worried that the vast meadows surrounding Yosemite valley were unprotected. Sheep, which Muir called "hoofed locusts," were grazing the land into destruction. Muir solicited the help of Washington, D.C., magazine editor Robert Underwood Johnson to lobby Congress to protect Yosemite as a national park. On October 1, 1890, Congress set aside over 1,500 square miles of land, almost the size of Rhode Island, as Yosemite National Park, America's third such federally protected land after Yellowstone and

Sequoia. Today, more than 4 million people visit Yosemite each year.

Shootout at the O.K. Corral

On October 26, 1881, a shootout between Wild West lawman Wyatt Earp and the Clanton-McLaury gang at the O.K. Corral in Tombstone, Arizona, lasted a mere 30 seconds. The gunfight's legend would grow through the decades, enshrining the names Wyatt Earp and Doc Holliday in western lore and spawning countless books and movies.



Thanks to the discovery of silver, Tombstone, Arizona, became a mining boomtown, attracting hardworking miners and outlaws alike. Defending the town's law and order fell to the Earps: Virgil, the town marshal, and his brothers Morgan and the now-famous Wyatt, a former gambler, saloon keeper, gunslinger, and police officer. The Clantons and McLaurys, a gang of cattle rustlers and thieves, owned a cattle ranch outside of town. The Earps and the Clanton-McLaury gang represented the two sides of power in Tombstone, and on October 26 their violent power struggle ended in bloodshed.

Antagonism between the two factions escalated on October 25, when the Clanton-McLaury gang double-crossed Wyatt Earp over the spoils of a stagecoach robbery. By the next day, news of the tussle had spread, and other members of the gang vowed revenge against the Earps. But the Earps and their friend Doc Holliday were ready. The Clanton-McLaury gang was caught mustering in a vacant lot behind the O.K. Corral, and Virgil Earp wasted no time firing the first shot. Over the next 30 seconds, 30 shots were fired, and when the dust cleared, Virgil and Morgan Earp and Doc Holliday were wounded. Wyatt was unscathed. All but two members of the Clanton-McLaury gang were dead, and the two survivors had fled into the hills. It is mostly forgotten that there was another man present: Cochise County Sheriff John Behan. The sheriff charged both the Earps and Holliday with murder, but a Tombstone judge later declared the men not guilty, a judgment that likely helped to glorify Wyatt Earp and his famous Shootout at the O.K. Corral.

What's a Gourd to Do?

Getting Started

- Bring in pumpkin seeds for people to sample.
- Bring in gourds and squashes to pass around.
- If desired, serve up a squash or zucchini recipe for a refreshment during the activity.



Introduction

Think autumn, and pumpkins and squash come to mind—both for decorating and eating. Go to the store, and you'll see gourds, squash, and pumpkins for sale. What's the difference between them? Which ones are edible? Which are ornamental? We will find the answers to these questions in this activity.

Gourds and Pumpkins and Squash, Oh My

It's autumn, and gourds abound. You find them piled in the produce section, some labeled "ornamental," others clearly meant to be eaten. All gourds, squash, and pumpkins come from a 66 million-year-old plant family called *Cucurbitaceae* (kyu-curb-i-tay'-see). Also in this family are zucchini, watermelon, cucumbers, and more. Edible members of this family were among the earliest cultivated plants in the tropical and temperate areas of both the Old and the New worlds. It is one of the most eaten plant species.

While there are other differences, the most common difference between a gourd and a squash is that gourds are considered ornamental, while squash is edible. Any squash that is round and orange is usually called a pumpkin. Ornamental gourds aren't poisonous, but they can be tough, bitter, and have an unpleasant texture. Squash that is developed specifically for eating purposes will usually have better flavor and texture.

Most of us are familiar with pumpkins, and there are hundreds of other varieties of squash and gourds. Let's explore the *Cucurbitaceae* family.

Acorn Squash

The acorn squash is one of the best-known types of squash. It is characterized by its dark green color and deep ridges. It is easily grown, and it is harvested after about 85 days. Acorn squash is indigenous to the Americas and was introduced to European settlers by Native Americans. It has a sweet, nutty flavor and is often cut in half and baked, then filled with butter and brown sugar or maple syrup.



Butternut Squash

Another popular squash is the butternut squash. This was developed in the 1940s in Massachusetts. As its name implies, it has a buttery flavor. It is an excellent source of vitamin C and vitamin A. It is popular in South Africa as a soup. It's quick and easy to prepare.



Hubbard Squash

Hubbard squash is no beauty queen. This warty, hard gourd can weigh up to 50 pounds! The skin is difficult to cut, so grocery stores often offer it in pre-cut pieces. Like other squash, it is rich in vitamin A, vitamin C, and fiber. Its flavor is sweet, and often described as a cross between a sweet potato and a pumpkin.

Hubbards were originally native to South America. They've been grown in New England since the 1830s and have been available commercially since the early 1900s.



Delicata Squash

This heirloom squash is known as a winter squash, although it is the same species as zucchini and other summer squashes. It is native to North and Central America and was first produced commercially in the 1890s. It almost disappeared after the Great Depression because it was susceptible to mildew diseases. But in the early 21st century, a variety was developed that was resistant to mildew and other squash diseases, and its production increased.

True to its name, it has a soft or delicate rind. Its flavor is described as a cross between fresh corn and pumpkin pie. Because of its delicate skin, it's less commercially viable than its harder-skinned cousins, but it is a favorite of farmer's markets.



Pumpkins

A discussion of gourds wouldn't be complete without mentioning pumpkins. All pumpkins are edible, even the jack-o'-lantern. However, the Halloween pumpkin is bred for display, not for consumption, and its thin flesh is watery when cooked. But you could prepare and eat it if you wished!

Among the best cooking pumpkins is the Cinderella pumpkin, so named because it resembles the pumpkin used for the fairy tale coach. It boasts thick, sweet, custardy flesh.

Finally, don't forget pumpkin seeds! The seeds of all squash, gourd, and pumpkin varieties can be roasted and eaten.



Summary

Whether you call it a gourd, squash, or pumpkin, this hard-shelled food has been around for millennia. Rich in vitamins and fiber and low in calories, squash is an excellent addition to any meal.

A Few Questions

Test your knowledge of gourds. True or false:

1. Pumpkins are a kind of squash.

Answer: True

2. Botanically speaking, gourds, squash, and pumpkins are berries.

Answer: True. A berry is defined as "a fleshy fruit produced from a single ovary."

Cucurbitaceae plants are in this category.

3. Loofahs are a gourd.

Answer: True. The young fruit is edible.

Additional Activities:

1. Roast pumpkin seeds. It's very easy! Remove seeds from pumpkin. Rinse well. Toss the clean seeds in a bowl with butter and salt. Spread into a single layer on a cookie sheet. Cook at 250 degrees for about 45 minutes, or until golden. Stir occasionally. Remove, cool, and eat.

10 Upper Body Exercises with Light Dumbbells

Even modest weight programs with light dumbbells can offer benefits that enhance a person's overall quality of life. Below are 10 simple upper body exercises to try with lightweight dumbbells.



Working Out with Weights

- First select the weights. Get pumped with these Med Bottle Dumbbells or purchase 1-or 2-pound neoprene dumbbells.
- The exercises below can be done standing or seated. If seated, arrange armless chairs with enough space between for outstretched arms.
- Weight workouts usually involve doing multiple repetitions of several different exercises. In this case there are 10 different exercises with 8 to 10 repetitions of each exercise. This is referred to as a set.
- It is common to repeat a set two or three times during a workout session. Between sets, rest for a couple of minutes and have a few sips of water if you're thirsty.
- Perform each exercise for one set using no weight to get used to the exercises. Focus on form at first.

10 Possible Dumbbell Exercises

As long as it is comfortable, repeat each exercise 8 to 10 times, rest, and then repeat the set one or two more times.

1. Front Bicep Curl Hold a dumbbell in each hand, palms facing up with arms down at your sides. Bend your elbows, bringing the weights to your shoulders, performing a bicep curl. Slowly lower the arms back down and then begin your second curl.

2. Side Bicep Curl Hold the dumbbells at your shoulders with palms facing down and elbows pointed out to the sides. Extend your arms out to the sides so the palms are now facing up. Bend your elbows and bring the dumbbells back to the shoulders.

3. Overhead Press Hold a dumbbell in each hand, palms facing your body at your shoulders. Press both dumbbells up until your arms are straight overhead. Pause and then lower the dumbbells back down to your shoulders.

4. Shoulder-to-Shoulder Press Hold a dumbbell in each hand and rest them on top of your shoulders. Press straight up with your right hand and lower it back down. Alternate with the left hand.

5. **Front Raise** Hold a dumbbell in each hand with arms down at your sides. Lift the weights upward with arms out in front and palms facing down. Keep a slight bend in the elbows. Pause for a few seconds when your arms are approximately parallel to the floor. Lower back down.
6. **Side Raise** Do the same as with the front raise, but in this case, raise your arms out to the sides until they are parallel to the floor.
7. **Overhead Extension** Hold one weight with both hands. Lift the weight straight up overhead with your arms straight and next to your ears. Then slowly bend your elbows and lower the weight back down behind your head until your elbows are at about a 90-degree angle. Raise the weight up straight again and lower back down.
8. **Shoulder Lift** Hold a weight in each hand with arms down at your sides and palms facing your body. Raise both shoulders as high as you can. Roll them down in a backward motion and then roll them back forward to complete one repetition.
9. **Upright Row** Place a dumbbell in each hand with palms facing your body. Keeping the dumbbells close to your body, raise them to your shoulders, bending your elbows up and out to the sides. Slowly lower them to the starting position.
10. **Back Row** Place arms in front of the body, elbows bent and holding dumbbells at hip height with palms facing the ceiling. Draw your elbows back until they are a few inches past hips, gently hugging the sides of your body.

Bonus Exercise

If you're up for one more exercise, this is a good grand finale. Hold a dumbbell in each hand and bring both hands to the shoulders. Lift the arms straight up overhead and then bring the hands back to the shoulders. Reach both arms out in front of the body and then bring the hands back to the shoulders. Bend over from the waist and stretch the arms down toward the floor and once again bring them back to the shoulders. As you continue you can chant, "Shoulders, up, shoulders, out, shoulders, down!"

Did you know?

Wondering why hand weights have such a funny sounding name? Church bells used to be rung manually, which took a great deal of strength. Novice ringers had to develop their muscles by tying a metal weight to a rope. They practiced swinging this imaginary bell, which came to be called a dummy bell or a dumbbell.

Med Bottle Dumbbell

Make an adjustable-weight dumbbell out of two medicine bottles.

You will need:

- 2 identical medicine bottles with twist-lock/child safety lids (about 2 1/2" wide, 4" to 6" tall)
- Machine screw with bolt #10-32 x 1" combo with nut
- Decorative tape (duct tape, vinyl tape, washi tape)
- Drill with 1/8" drill bit
- Screwdriver
- ♦ Wrench
- ♦ Funnel
- ♦ Material for weight (sand, popcorn kernels, dried beans, beads, pebbles, metal nuts and washers, etc.)



Med Bottle Dumbbell continued.....

Directions:

1. With the lids still screwed onto the empty medicine bottles, drill a hole in the center of each lid as shown in the first photo below.



2. Decorate the bottles with decorative duct tape.

3. Take the lids off the bottles. Thread the machine screw up from the inside of one lid as shown in the last photo on the previous page.

4. Place the other lid on top of the first lid (flat tops together) and thread the screw up through the second lid.



5. Place the nut on the screw. Then use a screwdriver and wrench to tighten the hardware together until the lids are securely attached to each other.

6. Use a funnel to fill the bottles with weighted material of your choice.

7. Screw the bottles back onto the lids.

8. If you want to adjust the weight, simply unscrew and fill with another material.

Optional: -could also use cleaned/rinsed water bottles

Use the dumbbells for exercise and also as a shaker.

The Gourd-eous Gourd

We'll take a look at the various types of gourds, how to grow them, and what they are used for. Gourds and their close family members—squash, cucumber, and melon—may be edible plants, but they offer much more than food.



Introduction

Among the oldest of all cultivated plants, gourds have served a wide variety of purposes in many cultures throughout the world. For many of us today, the varieties that fall into the category of ornamental (soft-shelled) gourds offer a fun and festive way to brighten up our living spaces for a couple of months each year. As autumn settles in, we see bounties of them displayed in grocery stores and produce markets, where consumers fill their baskets to use as colorful household decorations. But throughout history, gourds—especially the hard-shelled type—have offered utility.

Some Gourd History

It is believed that gourds are the earliest plant domesticated by man. Recent genetic studies indicate that the plant originated in Asia and were also grown in Africa as early as 13,000 BC. The studies have given light to new information about how and when certain varieties of the plant arrived in the Americas. Since the mid-19th century, the dominant theory about the arrival of the bottle gourd, widely used as vessels and containers in prehistoric times, was that they floated west across the Atlantic Ocean from Africa. But DNA testing on the remains of ancient bottle gourds found in the West reveal that they match the key genetic markers of gourds grown today in Asia.

Based on this information, it is now believed that bottle gourds were brought to the Americas some 10,000 years ago by people arriving from Asia.

Gourds assumed an essential role as cultural development transformed humans into users of tools. Containers and dippers were among the most common uses for the hollowed and dried plant. Evidence found in Mexico, Peru, and Florida indicate that ancient gourd containers incorporated basketry techniques using parts of vines to form handles on gourd containers long before baskets and pottery were crafted.

Gourd Use Trivia

When dried and hollowed out, several varieties of gourds can be used in a number of ways. Here are a dozen examples:

- When attached to netting, gourds work as floats to facilitate in fishing.
- Gourds have been used throughout history (and in some cultures, are still used today) as containers in which to make fermented drinks.
- Gourds are used to make musical instruments. One example is the sitar, which is constructed with a large hollow gourd for the body and a smaller gourd located on the neck for resonation.
- Decorative purposes, including art, jewelry, furniture, and accessories for the home (such as vases and lamps) are fulfilled with the use of gourds.
- Pots and cooking utensils have been crafted from gourds.
- Gourds have also been used to make a number of tools.
- Cultural masks and religious objects are made using gourds.
- Large gourds were used in Africa as cradles and baby baths.
- Gourds were also commonly used in spiritual ceremonies and as medicine rattles.
- Bath sponges are made from one type of gourd.
- Birdfeeders, birdhouses, and plant hangers are crafted from gourds.
- Gourds have even been used as currency. They were so important to the people of Haiti in the early 1800s that they were declared the property of the state treasury and made the national currency.



Types of Gourds

Gourds can be categorized into three common types: cucurbita, lagenaria, and luffa. Cucurbita are the soft-shelled variety that includes decorative gourds, squash, and pumpkins. There are more than 700 species in this gourd family. They come in a range of shapes, sizes, and colors. Many have markings and patterns such as stripes and speckles, and some have ridges and warts. Cucurbita typically last a single season.

Lagenaria includes the bottle gourd and other hard-shelled species. It comes in various shapes that make it ideal for crafting utensils like spoons and dippers. They also make nice vases, bowls, vessels, and pots. This type of gourd is what is commonly used in gourd art and crafts. When properly dried they are quite durable and can last forever.

Luffa gourds, when young, offer tender fruit that can be cooked like squash or used raw in salads just like cucumbers. Mature luffa gourds are used to make bath sponges and can also be used as packing material, filters, and even as soles for bedroom slippers.



Tips for Growing Gourds

Gourds are a vine plant and they love to climb. They grow well on a fence, trellis, or arbor, but because they grow rampantly, they need a sturdy structure.

They require full sun and a growing season of 100 to 180 days with warm temperatures. Gourds also grow best in well-drained, light, sandy soil—especially soil that is rich in organic matter. They are best planted from seed directly in the garden after all frost danger has passed.

Make sure they get sufficient water, and thin them when growth is well underway to keep plants from overwhelming each other.

Harvest gourds when they develop their full color and when the stem that attaches to the vine turns brown and dry. After cutting them from the vine, wash gourds in soapy water and then pat them dry. To cure the gourds, provide a month or two of drying time in a warm, dry area with good air circulation and no direct sunlight.

Discussion Starters

- Have you purchased gourds to use as decorations? How do you display them?
- What other uses, if any, have you found for gourds? (Example: Hollowed-out gourds and squashes are commonly used as bowls and candle holders when setting a Thanksgiving table).
- In addition to the sitar, can you think of any other instruments made from gourds? (Example: percussion instruments like drums and maracas)
- Have you ever handled a gourd instrument?
- Would you have any interest in learning to make gourd art or jewelry?
- What types of gourd art have you seen?
- Do you like to eat squash? What's your favorite variety?

Why is it important to eat vegetables?

Eating vegetables provides health benefits – people who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.



Nutrients

- Most vegetables are naturally low in fat and calories. None have cholesterol. (Sauces or seasonings may add fat, calories, and/or cholesterol.)
- Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, and vitamin C.
- Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.
- Dietary fiber from vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as vegetables help provide a feeling of fullness with fewer calories.
- Folate (folic acid) helps the body form red blood cells. Women of childbearing age who may become pregnant should consume adequate folate from foods, and in addition 400 mcg of synthetic folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C aids in iron absorption.

Health benefits

- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce risk for heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity, and type 2 diabetes.
- Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure, and may also reduce the risk of developing kidney stones and help to decrease bone loss.
- Eating foods such as vegetables that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

Cake Mix Zucchini Bread

Ingredients:

- Cooking spray
- 1 (15.25-ounce) box yellow cake mix
- 1 tablespoon ground cinnamon
- 1/2 cup vegetable oil
- 1/4 cup milk
- 3 eggs
- 2 cups shredded zucchini



Directions

1. Preheat oven to 350°F. Spray two standard-size loaf pans with cooking spray.
2. Combine cake mix, cinnamon, oil, milk, and eggs in a large bowl until just combined. Stir in zucchini.
3. Pour batter equally into each loaf pan.
4. Bake 45–50 minutes. Allow to cool 10 minutes before removing bread from pans and allowing to cool completely on a cooling rack.

Makes 24 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.

What Am I? Celebrating a commonplace item

Do you know what I am? Here are some clues:

1. My origins date back to 1865.
2. I owe my life and longevity to a unique partnership.
3. Poetry really speaks to me; it's at the core of my foundation.
4. Many people have supported me throughout my lifetime.
5. Independence Day is my favorite holiday.
6. In recent years, certain world events isolated me.
7. I have several twins around the world.
8. Some consider me a movie star.
9. Lightning strikes scare me.
10. At one time in my past, people really nicked and dined me.
11. French is my native language.
12. I love entertaining visitors.
13. You could say I am worthy of a Pulitzer.
14. I am particularly skilled at fundraising.
15. Gold and copper surround me.
16. I am welcoming of people in need.
17. My name is synonymous with freedom, friendship, and liberty.
18. I am one of the most recognizable monuments in the world.
19. I stand majestically in New York Harbor, welcoming visitors from near and far.
20. People call me Lady Liberty.

Can you guess what I am? You guessed it—I am the Statue of Liberty.

Introduction

For more than 130 years, the Statue of Liberty has served as a monument to freedom and friendship. From the immigrants who got their first glimpse of her as they sailed by en route to nearby Ellis Island to the everyday citizens who donated their pocket change to support the construction of her pedestal, Lady Liberty has delighted and inspired millions of people from around the world.

Token of Friendship

The Statue of Liberty, a hollow structure made of thin sheets of pounded copper built over a steel framework, sits on Liberty Island at the entrance to New York Harbor. It is considered a colossus because of its enormous size and is likened to other famous structures from antiquity, including the Colossus of Nero and the Colossus of Rhodes. A gift from France to commemorate the centennial of American independence, Lady Liberty has been lauded for its innovative design and beauty. For many, it embodies the ideals of international peace, generosity, and friendship. The idea was first pitched by Édouard de Laboulaye, a French political thinker, abolitionist, and fan of Abraham Lincoln who fervently believed in freedom and democracy.

Laboulaye was instrumental in recruiting French sculptor Frédéric Auguste Bartholdi to design a sculpture that would be named “Liberty Enlightening the World.”

In 1881, American architect Richard Morris Hunt was commissioned to design the granite pedestal upon which Lady Liberty would stand. Back in France, work began on the statue and continued for two years. It was then disassembled and shipped to the United States aboard the French navy ship *Isère*. Although its arrival was met with fanfare and a naval parade, the statue was placed in storage for a year while work on the pedestal was completed. In 1886, over the course of four months, the statue's 350 individual pieces were reassembled on its newly completed pedestal on Bledsoe Island.

On October 28, 1886, U.S. President Grover Cleveland presided over the dedication ceremony, which featured a ticker-tape parade through New York and a 300-vessel water parade in the harbor.



Discussion Starters

- Have you ever visited the Statue of Liberty? What were your impressions? What other monuments have you seen or toured?
- Aside from wind and weather, what other obstacles do you think the construction team faced? (Possible answers: financial shortfalls, labor shortages, transportation of workers and supplies, working on an island) If the Statue of Liberty were being built today, what challenges would you expect the builders to face?
- If you had the opportunity to visit the Statue of Liberty, would you want to go up in the torch and/or crown? Why or why not?

Fundraising Genius

Few people realize that one of the most beloved New York City attractions was almost never completed. The Franco-American Union was formed to tackle the joint fundraising efforts for the Statue of Liberty. The French partners agreed to fund the construction of the statue as well as its transport and assembly in New York. Financial responsibility for the pedestal, on which the statue would stand, fell to the Americans. Both parties struggled to raise sufficient funds, but by 1880, the French fundraising efforts yielded approximately 400,000 francs. In the U.S., despite the countless auctions, art exhibitions, and theatrical productions that were held to generate revenue, the project stalled for lack of funds. By the summer of 1885, the disassembled pieces of the Statue of Liberty had already arrived in New York, awaiting completion of its new perch.

When funding requests to state and local governments were denied, there was speculation that the statue may be relocated. Several cities, including Baltimore, Boston, San Francisco, and Philadelphia, offered to fund the project provided she would stand in their community. When all hope seemed to be lost, newspaper publisher Joseph Pulitzer launched a fundraising campaign, encouraging working-class Americans to donate small amounts of money to support this patriotic cause. In return, he not only promised to publish the name of every contributor on the front page of his newspaper *The World*, but also awarded prizes at every level of giving. The response was overwhelming, and because no amount was considered too small, people felt that their individual donation could make the difference, creating a ripple effect.

Considered America's first major crowdfunding project, Pulitzer's campaign successfully engaged 120,000 donors to give a combined \$100,000 within the first six months of the appeal's launch. Most donations were under one dollar. Pulitzer found a way to inspire ordinary people to be a part of something bigger than themselves in support of a cause of historic proportions. Native New Yorkers were driven by a sense of pride and responsibility for enhancing their beloved city.

Pulitzer's motives were not purely altruistic. The pedestal project increased *The World's* circulation and profits, leading to other high-profile fundraising campaigns, including a memorial to Ulysses S. Grant and a tax reform effort.

Interesting Statue of Liberty Facts

- The Statue of Liberty has always been a symbol of freedom to immigrants on their journey across New York Harbor. It is not any surprise that the statue was strategically placed facing southeast so that it could be the first thing arriving boats would see upon arrival. From 1892 to 1954, over 12 million immigrants entered the United States through the portal at nearby Ellis Island.
- When the Statue of Liberty was first erected in 1886, it was the tallest iron structure ever built. Today, it is the tallest freestanding statue in the continental United States. Only Puerto Rico's Birth of the New World statue, completed in 2016, is taller at 360 feet.
- In 1984, the Statue of Liberty was listed as a UNESCO (United Nations Educational, Scientific, and Cultural Organization) World Heritage Site for its cultural significance and fusion of exceptional art and engineering.



- Approximately four million people visit the Statue of Liberty every year. Despite its worldwide fame, visitors are somewhat limited by the availability and cost of tickets as well as the time required to make the trip across the harbor to Liberty Island. Given New York City's many attractions, some visitors snap their photos from afar.
- The Statue of Liberty is pretty resilient to the wind and other elements of New York Harbor. During periods of high wind, the statue itself can sway up to three inches, while the torch may move an astounding five inches. It is estimated that Lady Liberty is hit by

600 bolts of lightning every year.

- Before arriving in the United States, Lady Liberty's head was displayed at the 1878 World's Fair in Paris. Her face, said to be modeled on Bartholdi's mother, Charlotte, measures more than eight feet tall. Her crown features seven rays, each measuring nine feet in length and weighing as much as 150 pounds. Each of the seven continents is represented by one of the rays.
- On September 11, 2001, the first ferry of the day to Liberty Island was turned back, and access to the exhibit was closed until December 1, when the island was reopened and ferry service was restored. It would not be until August 2004, however, that pedestal access was restored. The Statue's crown remained closed until July 4, 2009. Today, a limited number of crown tickets are available each day, and they must be purchased in advance of your travel to the island.
- It has been estimated that 300 different types of hammers were used to pound the copper that makes up the outer layer of the Statue of Liberty, which is less than the thickness of two pennies. The light green color, called patina, has resulted from the natural weathering of the copper and acts as a protective barrier from further deterioration.
- The Statue of Liberty has made countless appearances in feature films. It was destroyed in *Independence Day* and *The Day After Tomorrow*, and served as a hopeful beacon in *Titanic* and as a setting for a final fight in *Saboteur* and *X-Men*. The most iconic scene is from the 1968 film *Planet of the Apes*, where the half-buried statue evokes dread and despair.
- The statue's height from the base of the pedestal to the tip of the torch is 305 feet, six inches. A hefty lady, her waistline measures 35 feet, she weighs 225 tons, and she wears a size 879 shoe. Visitors need to climb 393 steps to reach the crown, where they can catch views of the harbor and New York City skyline through one of 25 windows.
- Lady Liberty has some unique accessories. Her torch was restored in 1986 with a coating of 24-karat gold. The tablet she holds in her left hand, measuring over 23 feet tall and nearly 14 feet wide, is inscribed with the date July 4, 1776, in Roman numerals (JULY IV MDCCLXXVI). At her feet, there are broken shackles and chains that symbolize the oppression and slavery from which she (and the nation) is stepping away.
- While the original Statue of Liberty is located in New York Harbor, there are several replicas scattered throughout the world. The most famous of these is located in Paris near the entrance to the Musée d'Orsay. At one-fourth the size of the original, it measures almost 39 feet high and weighs 14 tons.
- The final stanza of Emma Lazarus' sonnet "The New Colossus" was set to music by Irving Berlin. Retitled "Give Me Your Tired, Your Poor," the song is featured in the Broadway musical *Miss Liberty*, produced for the stage in 1949. The story, based on Robert E. Sherwood's book, chronicles the sculpting of the Statue of Liberty in 1886.

October IQ

There's more to October than ghosts and goblins. Test your October IQ.

1. Which October event occurred first in history?
 - A. Sputnik was the first satellite to be sent into space.
 - B. Pope Paul VI became the first pope to ever visit the U.S.
 - C. The premiere of *The Twilight Zone* aired on television.
 - D. The first United Nations meeting took place.
2. Which of October's zodiac signs is represented by scales?
 - A. Virgo
 - B. Scorpio
 - C. Libra
 - D. Gemini
3. Born on October 16, 1758, Noah Webster is best known for publishing what type of book? _____
4. One of October's birth flowers is calendula. What is another name for this plant?
 - A. Pot marigold
 - B. Cosmos
 - C. Aster
 - D. Chrysanthemum
5. True or false? Canadians celebrate Thanksgiving on the second Monday of October.
6. Which two Marx brothers were born in October?
 - A. Groucho and Zeppo Marx
 - B. Harpo and Chico Marx
 - C. Chico and Groucho Marx
 - D. Gummo and Groucho Marx
7. Oktoberfest is famously held in what German city each year?
 - A. Berlin
 - B. Munich
 - C. Frankfurt
 - D. Hamburg
8. True or false? October's birthstone is the opal.
9. Carrie Fisher was born on October 21, 1956, to famous parents. What are their names? _____
10. Born on October 12, 1968, what famous Australian actor recently played P.T. Barnum in the movie musical *The Greatest Showman*?
 - A. Hugh Grant
 - B. Hugh Laurie
 - C. Hugh Hefner
 - D. Hugh Jackman
11. The "Great Chicago Fire" began on October 8, 1871. According to legend, what type of animal is believed to have been responsible for starting the fire?
12. Born on October 21, 1833, Swedish chemist and inventor Alfred Nobel created a prize that bears his name. Which of the following people have **NOT** won the award?
 - A. Nelson Mandela
 - B. Marie Curie
 - C. Benjamin Franklin
 - D. Dalai Lama
13. *October* comes from the Latin word for which number?
 - A. Eleven
 - B. Ten
 - C. Nine
 - D. Eight
14. What holiday is celebrated on the second Monday of October in the U.S.?
 - A. Columbus Day
 - B. Halloween
 - C. Child Health Day
 - D. Yom Kippur
15. What Tom Clancy novel has the word *October* in its title? _____

Answers

1. (D) The United Nations' first meeting was on October 24, 1945. The Soviet Union sent Sputnik I into orbit on October 4, 1957. *The Twilight Zone* first aired on October 2, 1959. The first U.S. papal visit was on October 4, 1965.
2. (C) Libra. Libra is the only sign of the zodiac that is represented by an inanimate object; all the others have an animal or human form.
3. A dictionary. In 1828, Webster published the *American Dictionary of the English Language* in two volumes.
4. (A) Pot marigold. Some people use calendula to treat diaper rash.
5. True. The first petition to begin a Thanksgiving holiday in Canada dates back to 1859, and the tradition became an annual affair as of 1871. The government chose the second Monday of October to be the permanent Thanksgiving celebration in 1957.
6. (D) Gummo and Groucho Marx. Groucho was born on October 2, 1890, and Gummo Marx was born on October 23, 1892. Their given names are Julius and Milton respectively.
7. (B) Munich. This year Oktoberfest begins Saturday, September 22, and ends on Sunday, October 7.
8. True. Since 1850, the majority of the world's opals have come from Australia.
9. Debbie Reynolds and Eddie Fisher. Carrie Fisher was also famous in her own right as an actress and comedienne. She is best known for playing the character of Princess Leia in the *Stars Wars* movies.
10. (D) Hugh Jackman. Jackman was born in Sydney, Australia. He has had a successful career in both stage and film.
11. A cow. More specifically, a cow that belonged to the O'Leary family. In truth, the cause of the fire was never determined.
12. (C) Benjamin Franklin. The prolific inventor died before Nobel was born.
13. (D) Eight. The Roman calendar originally used the word *October* to refer to the eighth month of the year.
14. (A) Columbus Day. The holiday was first celebrated in 1792.
15. *The Hunt for Red October*. The novel was made into a 1990 film starring Sean Connery and Alec Baldwin.

Pumpkin Doodles

Paint a small pumpkin white and then doodle away with black markers.

You will need:

- 5" to 7" pumpkin (real or artificial)
- White acrylic paint or flat latex paint
- Black acrylic paint
- Paintbrushes and painting supplies
- Black Sharpie markers (variety of widths—ultra thin to thick)
- Pencil



Print a picture of a completed pumpkin to show crafters. Post a copy on your bulletin board to create interest in the activity.

Directions:

1. If using a real pumpkin, wash and dry the surface to remove dirt and/or the waxy coating.
2. Paint the entire pumpkin white. Apply two coats of paint if needed. Allow to dry about two hours after each coat.
3. Using pencil, lightly sketch doodles onto the pumpkin.
4. Trace the pencil lines with black Sharpie markers. Fill in some areas with solid black as shown. Use an assortment of thick and thin lines.
5. When the doodling is complete, paint the stem black.



Optional:

Use Spray sealer on finished project.

Variations:

- ♦ Decorate the pumpkin with Sharpies in a variety of colors.
- ♦ Use stencils if you aren't comfortable drawing freehand.
- ♦ Paint the pumpkin a color other than white. You can even paint it orange.
- ♦ Paint a dried gourd instead of a pumpkin.

Fall Flowers Missing Vowels

Fill in the missing vowels (A, E, I, O, U, and Y) to form names of fall flowers.

1. CHR _ S _ NTH _ M _ M
2. P _ NS _
3. G _ LD _ NR _ D
4. R _ SS _ _ N S _ G _
5. FL _ W _ R _ NG C _ BB _ G _
6. V _ _ L _
7. Z _ NN _ _
8. BL _ CK - _ _ _ D S _ S _ N
9. _ ST _ R
10. SW _ _ T _ L _ SS _ M
11. H _ _ TH _ R
12. CR _ C _ S



Pass It On

After answering each clue, use the last letter of the answer for the first letter of the next answer. The first answer is given.

- | | |
|--------------------------|-----------|
| 1. October holiday | Halloween |
| 2. Surgeon's assistant | _____ |
| 3. Purple-skinned fruit | _____ |
| 4. Wimbledon game | _____ |
| 5. Pasta type | _____ |
| 6. Home of the Taj Mahal | _____ |
| 7. Military group | _____ |
| 8. Root vegetable | _____ |
| 9. Campfire treat | _____ |
| 10. Droopy tree | _____ |
| 11. Plumber's tool | _____ |
| 12. Delivery room site | _____ |
| 13. Wood | _____ |
| 14. Street | _____ |
| 15. Evening meal | _____ |
| 16. Hunting weapon | _____ |
| 17. Specialist | _____ |
| 18. November holiday | _____ |





Beggar's Night Detective

Search for the items in bold.

When it comes to trick-or-treating, the Murphy twins are pros;
They're Halloween personified from their heads down to their toes.
Dad's trailing behind to make sure his boys don't get too crazy,
And Ma's at home eating a **Charleston Chew** feeling quite lazy.

Vampires with **3 skeleton hands** and **ghoulish teeth** so scary
Have Dad clutching **2 bulbs of garlic** and feeling a bit wary.

A **box of Good & Plenties** and **3 Tootsie Rolls** he's scored,
With **7 Dum-Dums** and **roll of Necco Wafers** so he won't get bored.
With their **plastic pumpkin bucket**, the boys are searching for sweets,
As the **5 apples** they've been given they don't consider treats.

Lucky Lights and **Kings candy cigarettes** won't be with them for long—
Ma will be sure to trash them quickly because cigarettes are wrong.
Back home, the boys dump out their pumpkin, squealing with delight

As **2 Chick-O-Sticks**, a **Mary Jane**, and **Chuckles** roll into sight.

2 Sugar Daddies, one under the **witch**, add to their fortunes,
Joining **8 Pixy Stix** to make for a sugar high of epic proportions.



Famous October Birthdays

The following people were born in October. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Chuck **BERRY**
- B. Johnny **CARSON**
- C. Christopher **COLUMBUS**
- D. Alan **JACKSON**
- E. Mickey **MANTLE**
- F. Floyd **MAYWEATHER**
- G. Jerry **RICE**
- H. Julia **ROBERTS**
- I. Bob **ROSS**
- J. Pat **SAJAK**
- K. Oscar **WILDE**
- L. Henry **WINKLER**


N	U	G	F	Y	R	E	L	T	N	A	M
K	T	R	E	R	E	R	O	S	S	E	D
D	A	R	B	R	H	R	Y	F	D	W	I
R	Y	J	O	E	T	N	D	L	I	P	T
F	I	B	A	B	A	Y	I	K	E	M	S
J	Z	C	O	S	E	W	O	I	T	U	C
A	Q	I	E	Z	W	R	B	B	B	A	C
C	Z	J	K	N	Y	S	T	M	R	S	J
K	Z	D	A	V	A	S	U	S	D	X	W
S	S	S	G	O	M	L	O	O	V	M	O
O	T	A	T	E	O	N	W	X	P	R	U
N	R	R	B	C	W	I	N	K	L	E	R

Bonus: Match the person to the correct clue.

- | | |
|--------------------------|---------------------------|
| 1. Explorer _____ | 7. TV show host _____ |
| 2. TV actor _____ | 8. Boxer _____ |
| 3. Painter _____ | 9. Rock singer _____ |
| 4. Movie actress _____ | 10. Country singer _____ |
| 5. Game show host _____ | 11. Novelist _____ |
| 6. Baseball player _____ | 12. Football player _____ |

Spelling PUMPKIN PIE

Use the clues to fill in the grid.

1	P							
	2	U						
3		M						
	4	P						
5		K						
	6	I						
7		N						
								
	8	P						
9		I						
	10	E						



1. Reduce to mush
2. Natural sweetener
3. Spice from a tree
4. Edible part of fruit
5. Cooked in oven
6. Condensed _____
7. Bean extract
8. Ginger or cinnamon
9. Piece of pie
10. Sweet course

Rock Around the “Clock”

Use the clues to reveal words that rhyme with *clock*.



1. Marina feature _____
2. Footwear item _____
3. City square _____
4. Pound on the door _____
5. Boulder _____
6. Door feature _____
7. Stir-fry pan _____
8. College athlete _____
9. Johann Sebastian _____
10. Blackboard need _____
11. Nonsense _____
12. Stare awkwardly _____
13. Mimic _____
14. Painter's overgarment _____
15. Flying group _____
16. Jolt _____
17. Plant stem _____
18. Chatter _____



Columbus Day

A New World, a New Way

Columbus was born in Italy in 1451. Forty-one years later, he and his Spanish-funded sailors—transported in speedy ships named the *Niña*, *Pinta*, and *Santa Maria*—landed on one of the Bahamian islands in what’s now known as the Caribbean.

Columbus Day commemorates Christopher Columbus’ October 12, 1492, arrival in an area dubbed the “New World.” Though Columbus did not know he was in the Caribbean, his journey nonetheless marked the beginning of centuries of trans-Atlantic conquest and colonization for Spain.

October Birthdays:

- | | | |
|------------------------|-----------------------|-------------------------|
| 1. Explorer – C | 2. TV actor – L | 3. Painter – I |
| 4. Movie actress – H | 5. Game show host – J | 6. Baseball player – E |
| 7. TV show host – B | 8. Boxer – F | 9. Rock singer – A |
| 10. Country singer – D | 11. Novelist – K | 12. Football player – G |

Rock Around the “Clock”

1. dock
2. sock
3. block
4. knock
5. rock
6. lock
7. wok
8. jock
9. Bach
10. chalk
11. crock
12. gawk
13. mock
14. smock
15. flock
16. shock
17. stalk
18. talk

Pass It On

1. Halloween
2. nurse
3. eggplant
4. tennis
5. spaghetti
6. India
7. army
8. yam
9. marshmallow
10. willow
11. wrench
12. hospital
13. lumber
14. road
15. dinner
16. rifle
17. expert
18. Thanksgiving

Fall Flowers

1. Chrysanthemum
2. Pansy
3. Goldenrod
4. Russian Sage
5. Flowering Cabbage
6. Viola
7. Zinna
8. Black-eyed Susan
9. Aster
10. Sweet Alyssum
11. Heather
12. Crocus

Spell Pumpkin Pie

1. Puree
2. Sugar
3. Nutmeg
4. Pulp
5. Baked
6. Milk
7. Vanilla
8. Spice
9. Slice
10. Dessert

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